

# CRISPY VEGAN TOFU STIRFRY

## INGREDIENTS

- 1 package extra-firm tofu
- 3 tbsp sesame seeds
- $\frac{3}{4}$  cup orange juice
- 3 tbsp tamari or aminos
- 2 tbsp pure maple syrup
- 1 tbsp brown rice vinegar
- 1  $\frac{1}{2}$  tsp arrowroot powder
- 1 lb frozen stir-fry vegetables
- 4 cups hot cooked brown rice
- 2 tbsp sliced scallion
- 1 tbsp sesame seeds, toasted

## DIRECTIONS

1. Preheat air fryer to 375°F. Cut tofu horizontally into three planks. Use a heavy plate to press tofu planks between two cotton towels about 25 minutes, removing as much liquid as possible. Sprinkle tofu planks all over with the 3 tbsp. sesame seeds. Line air fryer trays with foil. Arrange trays in air fryer. Air-fry 12 to 15 minutes or until browned and starting to crisp, turning tofu once and rotating trays if necessary. Cut tofu into bite-size pieces.
2. Meanwhile, in a small bowl stir together the next five ingredients (through arrowroot powder). In a large skillet cook vegetables over medium 5 to 7 minutes or until almost tender, stirring occasionally and adding water, 1 to 2 tbsp. at a time, as needed to prevent sticking. Add sauce and cook just until thickened.
3. To serve, top rice with vegetables and tofu. Sprinkle with scallion and toasted sesame seeds.

